

Body and Soul Yoga of Harpswell is offering three classes for the Spring 2010 session. Mat and Chair Yoga at the Town Office and Mat Yoga at Kellogg Church. Learn to breathe, stretch gently to increase flexibility, relax more deeply, strengthen the body and improve balance. All levels are welcome. No experience necessary. Instructor Janet Alexander has 8 years of teaching experience and 17 years as a practitioner.



Drop in fee \$12. Make-up classes are available at all locations regardless of which class you are registered for. Sorry, there are no refunds after classes begin. Class credits are offered on a case by case basis at the discretion of the instructor.

[www.bodyandsoulyoga.me](http://www.bodyandsoulyoga.me)

\*Due to space limitations, registrations and pre-payment for all Spring classes is due by March 16, 2010.\*

## Harpswell Recreation Info

Contact Director-Gina Perow 833-5771 or  
harpswellrec2@suscom-maine.net

\*Please make checks payable to Town of Harpswell

TIME	DAYS	COST
Town Office Mat Thursdays 9:45-11:00 am	March 25, 2010 to May 13, 2010	\$80
Town Office Chair Thursdays 11:30 am-12:30 pm	March 25, 2010 to May 13, 2010	\$70

## Kellogg Church Info

Not a Town/Church Sponsored Program

Contact Instructor-Janet Alexander  
729-8842 or janetalexander@bodyandsoulyoga.me

\*Please make checks payable to Janet Alexander

TIME	DATES	COST
Kellogg Church Mat Tuesdays 4:00-5:15 pm	March 23, 2010 to May 11, 2010	\$80

## Harpswell Recreation - Spring 2010 R4189

Return completed form to Town Office, PO Box 39, Harpswell, 04079 Make checks payable to Town of Harpswell

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Mat Yoga \_\_\_\_\_ Chair Yoga

\*Photos taken may be used for local publicity.\*

### Release from Liability

Inconsideration of the permission granted to me to participate in the Yoga Class in 2010, I hereby release and discharge Janet Alexander and the Town of Harpswell from all actions, causes of action, damages, claims or demands which I, my heirs, executors, administrators, and assigns may have against the aforementioned parties, for all personal injuries, known or unknown, which I have or may incur by participation in the above-mentioned activities. I realize I am responsible for any medical expense I may incur for injuries while participating in the above-mentioned activities. I give the instructor permission to obtain whatever medical treatment may be necessary in the event of an injury.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Kellogg Church - Spring 2010

Return completed form to Janet Alexander 410 Harpswell Neck Road, Harpswell, 04079

Make checks payable to Janet Alexander

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

\*Photos taken may be used for local publicity.\*

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Signature \_\_\_\_\_

Date \_\_\_\_\_